



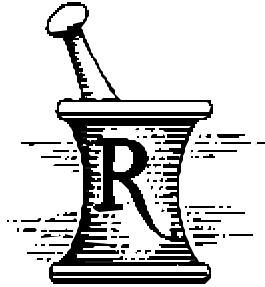
# The Older Rhode Islander

Volume XIX, Issue III

Published by the RI Department of Elderly Affairs

September 2009

## RIPAE clients have Special Enrollment Period



Participants in the Rhode Island Pharmaceutical Assistance to the Elderly (RIPAE) program are eligible to change their Medicare prescription drug plan (Medicare Part D) **one time each calendar year in addition to Medicare's annual enrollment period of November 15<sup>th</sup> through December 31<sup>st</sup>.** The opportunity to

make this change is referred to as a "Special Enrollment Period." If your current Medicare Part D plan is not meeting your needs, you may select a different plan one other time during the calendar year.

**Please take note that if you are currently enrolled in a Medicare Advantage Plan (MAP-i.e. Blue ChiP or United Health Care) that includes Medicare Part D prescription drug coverage, a change in your Medicare Part D plan will result in a loss of primary health care coverage with the Medicare Advantage Plan. If this happens, you will revert back to Original Medicare as your primary health coverage. To avoid cancellation or interruption in your Medicare Advantage Plan coverage, you are advised NOT to make a change if you are enrolled in an MAP.**

**Please remember that if you are a RIPAE member and DO NOT wish to change your Medicare Part D plan, you DO NOT have to take any action.**

For more information on this SEP, please contact one of the following agencies **before** making any change to your Medicare Part D plan:

RI Department of Elderly Affairs: (462-3000 or 462-0740 TTY), THE POINT: (462-4444), Child and Family Services of Newport: 849-2300, Cranston

Senior Services: 461-1000, East Bay Community Action: 437-1000, Johnston Senior Center: 944-3343, Leon Mathieu Senior Center in Pawtucket: 728-7582, South County Community Action: 789-3016, St. Martin dePorres Center in Providence: 274-6783, Tri-Town Community Action in Northern Rhode Island: 351-2750, West Warwick Senior Center: 822-4450, Westbay Community Action: 732-4660, or Woonsocket Senior Services at 766-3734.

## Seniors may qualify for plan that helps to reduce drug costs

For years you did your part by paying into Medicare. Now it's your turn to get the most out of the benefits you've earned. If you have limited income and resources, there's a Medicare program where you pay no more than \$2.40 for each generic drug and \$6 for each brand name drug.

If you qualify, this program helps to pay your prescription drug co-payments plus your other drug costs, like monthly premiums and annual deductibles.

Individuals who make less than \$16,245 and married couples who make less than \$21,855 annually may qualify to have lower Medicare prescription drug premiums, co-payments, and deductibles. To qualify, the individuals' resources must also be limited to \$12,510 for single persons and \$25,010 for married couples. Resources include things like bank accounts, stocks and bonds, but not your house or cars.

Applying for this program is free. Apply online at

[www.socialsecurity.gov](http://www.socialsecurity.gov), or call Social Security at 1-800-772-1213. TTY users should call 1-800-325-0778 and ask for the *Application for Help with Medicare Prescription Drug Plan Costs*. All information provided in the application is confidential. In Rhode Island, call 462-4444 to locate the nearest Senior Health Insurance Program specialist to help you file the application.

If you have a limited income, you know that sometimes making ends meet means making tough decisions. That should not mean going without your medications. Apply now to make sure that you have the prescription drugs you need to stay healthy and keep doing what you love.

To learn more about Medicare prescription drug plans and when you can join, call Medicare at 1-800-633-4227 or 1-877-486-2048 (TTY) or visit [www.medicare.gov](http://www.medicare.gov).

## Adult Day Services Week is observed

National Adult Day Services Week will be celebrated the week of September 16<sup>th</sup> through the 20<sup>th</sup>. According to the National Adult Day Services Association, National Adult Day Services Week was started in 1983 as proclaimed by President Ronald Reagan and recognized by the U.S. Congress. The week offers the adult day centers an opportunity to spotlight these facilities across the nation and to educate the public on the benefits they provide.

These centers, licensed by the Department of Health, provide frail and functionally challenged adults, including those with Alzheimer's disease and related dementia, with care and supervision in a safe environment. Therapeutic services, recreation and health services, support groups, meals, medication management, and respite for caregivers are among the services provided.

There are 19 adult day centers across the state. To locate the nearest adult day service center, call the Department of Elderly Affairs at 462-3000.

## Older Americans Act marks 44 years of service to seniors

On July 14, 1965, President Lyndon Baines Johnson signed the Older Americans Act into law. At the ceremony, President Johnson said, "The Older Americans Act clearly affirms our Nation's sense of responsibility toward the well-being of all of our older citizens. But even more, the results of this act will help us to expand our opportunities for enriching the lives of all of our citizens in this country, now and in the years to come. This legislation is really the seed-corn that provides an orderly, intelligent, and constructive program to help us meet the new dimensions of responsibilities which lie ahead in the remaining years of this century. Under this program every state and every community can now move toward a coordinated program of services and opportunities for our older citizens." He continued, "The Older Americans Act will make it possible for us to move faster in these places where we have already started. It will permit us to travel in new ways where old ways have not worked before. It will permit new beginnings where none have been made before." President Johnson went on to say, "The grants under this law will be modest in dollars, but will have far reaching results. Its results will come from where they are needed - always at the hometown level."

"Now, 44 years later, those inspiring words continue to guide our work on behalf of millions of older Americans and their families. The Older Americans Act programs and services, which exist in nearly every community in America, have made a difference in the lives of our aging population — providing so many older Americans with the opportunity to live at home for as long as possible with their families and friends. The Act has created an extraordinary network of dedicated individuals, advocates, volunteers, community-based organizations and federal, state, tribal and local partners whose work each and every day makes life better for older Americans and their caregivers."

As we work together to meet the pressing demographic, social, and economic challenges before us, let us reflect on the tremendous progress that has been made over the past four decades to support older Americans. We have come a long way, but our work is not yet complete. In the days and weeks to come."

Kathy Greenlee, Assistant Secretary for Health and Human Services observed, "I look forward to working with all of you to continue to honor our older Americans and to meet the needs of America's future generations."



## A message from Director Corinne Calise Russo

greater opportunity than in the past to obtain the Medicaid services and supports they need at home or in a community setting of their choosing.

Beneficiaries who meet the **preventive LOC** criteria will be eligible for a limited range of home and community based services and supports including homemaker services, personal care assistance services, and minor environmental modifications.

The new system for assessing clinical eligibility was made possible when Rhode Island received approval of the Global Consumer Choice Compact Waiver from the federal government in early 2009. The goal of the waiver is to ensure that every beneficiary receives the services they need at the right time, in the most appropriate and least restrictive setting. In adopting the new LOC rule, Rhode Island is taking one step, and a very important one, in this direction to "rebalance" the Medicaid long-term care system. Moving forward, the State will continue to work with community partners and providers to broaden the range of community based service options available to beneficiaries.

The new needs-based clinical levels of care **DO NOT** apply to beneficiaries eligible to receive Medicaid funded long-term care services who were **living in a nursing facility** on or before June 30, 2009. The old institutional level or care criteria will continue to be applied to these beneficiaries until their annual reassessment. However, if a beneficiary chooses to move to the community, the

new needs-based levels of care would apply at the time eligibility is re-determined. A beneficiary who makes the choice to live in the community is eligible for long-term care services at the "**highest need**". If a beneficiary encounters circumstances that may adversely affect his or her health and safety in a home or community setting, such as a failed placement, re-entering the nursing home is an option. DHS rules pertaining to "failed placement" will be developed in the near future.

The needs-based levels of care **DO** apply to beneficiaries eligible to receive Medicaid funded long-term care services who are **living in the community** on or before June 30, 2009. DHS will begin applying these new needs-based levels of care at the time of the beneficiary's annual reassessment.

A beneficiary who met the institutional level of care criteria in the past will meet either the **highest** or **high level** of care in the future. Eligibility for long-term care services will continue without interruption providing general and financial eligibility requirements continue to be met.

Additional information about this program is available on the DHS website at [www.dhs.ri.gov](http://www.dhs.ri.gov) or the EOHHS website at [www.eohhs.ri.gov](http://www.eohhs.ri.gov). Updated information on how to apply for long-term care services can be obtained by calling THE POINT at 462-4444 or these DHS long-term care offices: Providence (222-7000 or 222-7311), Cranston (462-5182), Newport (849-6000) and Woonsocket (235-6300). You may also call the DEA Home and Community Care program at 462-0570.

## Be prepared for expected rise in swine flu cases this fall

Recently, Mr. John Brennan, President Obama's Advisor on Homeland Security, released information from Kathy Sebelius, Secretary of Health and Human Services; Janet Napolitano, Secretary of Homeland Security; and Arne Duncan, Secretary of Education regarding swine flu preparation and vaccine distribution.

- As the fall flu season approaches, increased efforts are being directed to mitigate the effects of the expected 2009/2010 outbreak of swine flu.
- Efforts are underway to develop a safe and effective vaccination. Estimates are that the vaccine will not be available until mid-October.
- Go to VisitFlu.gov for information to get the latest information on flu prevention and the distribution of the vaccine.

- You are also reminded that flu prevention is critical and one of the most important ways to prevent flu is by washing your hands frequently.
- Also, if you do get sick from the swine flu, stay home from work or school.

As of the end of July, Rhode Island had 194 confirmed cases of swine flu. More than 70 persons have been hospitalized and three persons have died.

Department of Health officials and the RI Emergency Management Agency estimate that during the upcoming flu season this winter and this fall that 30 to 50 percent of the state's population will be infected by the swine flu virus. The estimates take into account those who will be directly affected by the flu and those who will have to stay home from work due to a child or older persons getting the flu.

## Be aware of foreclosure scams

A fairly new and dangerous threat has arisen for homeowners who have fallen behind on their mortgage payments and may be at risk of foreclosure due to questionable practices by opportunistic companies. These companies often refer to themselves as a "foreclosure consultant", "mortgage consultant", and they market themselves as a "foreclosure service", "foreclosure rescue agency", or "loan modification company". They count on homeowners being desperate and vulnerable. They claim that they can assist homeowners facing foreclosure with options that will allow them to keep their property, refinance, or modify an existing mortgage, repair credit, or help them "buy more time".

The Federal Deposit Insurance Corporation (FDIC) offers these tips to help you determine that you may be dealing with a foreclosure scam operator.

- The company demands a fee in advance. No legitimate organization that works with borrowers to avoid foreclosure will ever ask for money up front.
- The company offers to negotiate a loan modification for you for a fee.
- The company makes unsolicited offers or "lofty" advertisements claiming that they can help you save your home.
- The company recommends that you break off contact with

the lender and any counselor that you may be working with.

- The company advises you to stop making mortgage payments.
- The company tells you to send your mortgage payment to anyone other than your loan servicer.
- The company instructs you to transfer ownership of your property.
- The company makes verbal promises that are not put in writing.
- The company asks you to sign a document that has blank lines or spaces.

The FDIC also offers these tips to protect yourself from mortgage foreclosure scams:

- Contact reputable no-profit housing or financial counselors. In Rhode Island, you can contact Rhode Island Housing at 457-1234.
- Know what you are signing.
- Get promises or claims in writing.
- Make your payment directly to your lender or the mortgage servicer.
- Never sign over a deed unless and until you clearly understand what will happen to your property right to your home.

Report suspicious activity to the Federal Trade Commission at the web address of [www.ftccomplaintassistant.gov](http://www.ftccomplaintassistant.gov). You can also call the Rhode Island Attorney General's consumer unit at 274-4440.

## Nutriton projects receive AARA funds

Under the provisions of the American Recovery and Reinvestment Act (ARRA-Stimulus Funds), six Rhode Island nutrition projects were awarded a total of \$325,000 to serve additional meals at statewide meal sites and/or to hire new staff. The six nutrition projects receiving funds included Blackstone Valley Health, Inc., East Bay Community Action, Meals on Wheels of Rhode Island, Narragansett Indian Tribe, Senior Services, Inc., and Westbay Community Action.

The Ocean State Senior Dining Program provides nutritionally balanced, hot lunches served five days a week at more than 75 meal sites for persons who are 60 or older or disabled. Persons may donate to the cost of the meal, but no one is refused a meal if unable to contribute. Transportation to the nearest meal site is available. At least 24 hours notice is required for reservations on a cost-sharing basis.

In addition to this funding, Meals on Wheels of Rhode Island was awarded a total of \$160,000 in AARA funds to serve more home-delivered meals.

Meals on Wheels of Rhode Island provides delivery of a hot, nutritious noontime meal to frail, homebound seniors five days per week. To qualify, seniors must be 60 years or older, live alone and have no one to help them, and be unable to shop, cook, or drive. Persons with a disability who are under 60 may be eligible in certain circumstances. Donations for the meal are accepted.

*The Rhode Island Department of Elderly Affairs (DEA), John O. Pastore Center, Howard Building, 74 West Road, Cranston, RI 02920 publishes the Older Rhode Islander four times each year. The next issue will be published in December. Written comments and suggestions are welcome. DEA encourages aging network agencies to reprint any article(s) that appear in this publication. While permission to this material is not required by DEA, it is requested that this agency be cited as the source of the material. For additional information, please call Larry Grimaldi at 462-0509 or 462-0503 (FAX). You can also e-mail lgrimaldi@dea.ri.gov. The DEA web site is [www.dea.state.ri.us](http://www.dea.state.ri.us). Governor: Donald L. Carcieri Director: Corinne Calise Russo Editor: Larry Grimaldi*



### Be on the alert for Medicare fraud, waste and abuse

By: Susan Hindman

Let's set the scene.

A few older adults are milling around outside the local senior center. Someone approaches them and offers to arrange to purchase scooters for them through Medicare. Because they will need physicals before being approved for the scooters, they will need a ride. The person offers to drive them as a group to see the doctor, all for free. After a brief check of their vital signs, the seniors go home. And they wait. Sometimes the scooter never arrives, but their Medicare statement does, showing that the supplier has billed Medicare for a scooter and pocketed the money. Sometimes a cheap scooter shows up, but Medicare is paying for a better model and the thief has pocketed the difference. In any case, the Medicare beneficiary has been scammed.

The double whammy here is that these seniors have given out

their Medicare ID number, so they risk getting a statement for other products they didn't receive or request. They also risk having their identity stolen.

This is one of dozens of scenarios in the world of Medicare fraud. Considering that Medicare provides health insurance to approximately 44 million elderly and disables beneficiaries, it's a daunting task to alert seniors about what's happening and how to prevent it.

But that's just what thousands of Senior Medicare Patrol (SMP) participants are doing. SMP volunteers, more than 4,600 in 2008 around the country, are working to educate their peers on how to avoid, detect, and prevent Medicare and Medicaid fraud, waste, and abuse.

For more information on becoming an n SMP volunteer, go to [www.sliverplanet.com](http://www.sliverplanet.com). For more information on the Rhode Island SMP, call THE POINT at 462-4444.

Remember these 12 tips to protect yourself from health care fraud.

## Don't be a victim of Medicare frauds, schemes and scams

- Only visit your personal doctor or health care clinic for medical help.
- Never show anyone your prescription or medical records without first talking to your doctor or pharmacist.
- If someone calls and tries to pressure you into some medical services or product, just hang up the phone.
- If someone comes to your door and says that they are from Medicare, just shut the door. Medicare does not go door-to-door. It's shrewd to be rude.
- Do your homework and talk to your health care provider before buying or investing in Internet "cure all" remedies or miracle products and services.
- Don't keep your mail in your mailbox for more than one day.
- Rip up or shred your Medicare and other health care papers or information when you have finished with them. Crooks go through the trash to obtain personal information.
- Treat your Medicare and Social Security cards like credit cards. If someone offers to buy your Medicare or Social Security number, don't do it and report the attempt to the local police, Medicare, or Social Security.
- Remember, Medicare does not sell anything.
- Follow your instincts. If it seems too good to be true, it usually is!
- If you suspect an error, fraud, waste or abuse related to health care, report the information to Medicare at 1-800-633-4227.
- Always read your Medicare Summary Notice (MSN) and look for three things-charges for something you did not get; billing for the same thing twice; and services not ordered by your doctor or health care professional. The MSN is clearly stamped "This is Not a Bill."

## News from around the network

### SENIOR JOURNAL:

The *Senior Journal* cable television program is devoted to exploring the issues of growing older in Rhode Island through the personal perspectives of seniors. Programs are produced by senior volunteers and are sponsored by Department of Elderly Affairs (DEA) with the support of COX Communications. Programs are aired on Sundays at 5:00 p.m.; Mondays at 7:00 p.m.; and Tuesdays, Wednesdays, and Thursdays at 11:30 a.m. over statewide interconnect channel A.

### PRESCRIPTION

**CARD:** United Way/211 has prescription discount cards called FamilyWise. The card is good for up to a 50% discount off prescriptions for all ages and income categories. For information, call 211.

### 211 TOLL-FREE

**NUMBER:** United Way/211 has a toll-free number for out-of-state residents to call for information, referral, and assistance. The number is 1-800-367-2700.

**BENEFIT WALK:** The Canonicus 5K Run/Walk to benefit the Children in Poverty initiative

takes place on Monday, October 12 at 10:00 a.m. at Camp Canonicus in Exeter. The popular race includes food, cash prizes, raffles, and t-shirts for all participants. For information, go to [www.coolrunning.com](http://www.coolrunning.com) or call Liz Lusier at 294-6318, ext. 100.

### ALZHEIMER'S MEMORY WALK:

The Alzheimer's Association is hosting its annual walk on Sunday, October 4. The Providence walk will start at 10:00 a.m. from Slater Memorial Park, 401 Newport Avenue, Pawtucket. Registration is at 9:00 a.m. The Newport area walk will start from Salve Regina University, O'Hare Academic Center at 4:00 p.m. Registration is at 3:00 p.m. For more information, call Bella Garcia at 421-0008 or e-mail [Anabela.Garcia@alz.org](mailto:Anabela.Garcia@alz.org).

### RHODE ISLAND

**KIDNEY WALK:** The Rhode Island Kidney 2009 Walk will take place on Sunday, September 27 at Slater Memorial Park in Pawtucket. Registration is at 9:30 a.m. and the walk begins at 10:30 a.m. For more information, call Kathleen Durepo at 1-800-542-4001.

## DASH works to lower blood pressure and risk of heart disease and heart failure

The Dietary Approaches to Stop Hypertension (DASH) eating plan of the National Institutes works to lower blood pressure. Researchers who study women now say it may lower the risk of heart failure, which is when the heart can't pump enough blood to meet the body's needs.

Emily Levitan of the Harvard-affiliated Beth Israel Deaconess Medical Center looked at seven years of data on 36,000 Swedish women ages 48 to 83 who reported eating patterns similar to DASH.

Levitan said, "Women whose diets were most like the DASH eating plan had the lowest rates of heart failure. Women in the top quarter had rates of heart failure 37 percent lower than women in the bottom quarter."

The DASH plan favors fruits, vegetables, low-fat dairy, and whole grains. To get more information, go to [www.nhlbi.gov/hbp/prevent/eating/start](http://www.nhlbi.gov/hbp/prevent/eating/start).

## Census study proves population is aging

According to a new report released by the U.S. Census Bureau in July and titled *An Aging World*, the average age of the world's population is increasing at an unprecedented rate. The number of people worldwide 65 or older is estimated at 506 million as of mid-year 2008. By 2040, that number will hit 1.3 billion. Thus, in just over 30 years, the proportion of older people will double from seven percent to 14 percent of the total world population.

The report also brings these facts to life:

- While developed nations have relatively high proportions of people 65 and older, the most rapid increases in the older population are in the developing world. The current rate of growth of the older population in developing countries is now more than double that in developing countries.
- As of 2008, 62 percent (313 million) of the world's people 65 and older lived in developing countries. By 2040, today's developing nations are likely to be home to more than one billion people 65 and older, 76 percent of the projected world total.
- The oldest old, people 80 and older, are the fastest growing portion of the total population in many countries. Globally, the oldest population is projected to increase 233 percent between 2008 and 2040, compared with 160 percent for the population 65 and older and 33 percent of the population for all ages.
- The 65 and older population in China and India alone numbered 166 million in 2008, nearly one-third of the world's total. Issues related to population aging in the world's two most populous nations will be accentuated in the coming decades as the absolute number climbs to 551 million in 2040 (329 million in China and 222 million in India).
- Childlessness among European and U.S. women 65 and older in 2005 ranged from less than eight percent in the Czech Republic to 15 percent in Austria and Italy. Twenty percent of women 40 to 44 in the United States in 2006 had no biological children. This data raises questions about the provision of care when this age group reaches advanced ages.
- Older people provide support to, as well as receive, support from their children. In countries with well-established pension and social security programs, many older adults provide shelter and financial assistance to their adult children and grandchildren.

## Follow these tips to reduce risk of Alzheimer's disease

According to the state chapter of the Alzheimer's Association, there are approximately 25,000 Rhode Islanders affected by the disease. Research about this disease is constantly evolving. With the numbers of older persons growing larger on the federal and state level, there are some measures that you can take to help prevent the disease. Let's talk about just a few.

**Mental Stimulation:** An active mind is a healthy mind. Activities that you may already enjoy can help to prevent Alzheimer's. Do crossword puzzles. Read. Play games like chess or Scrabble. You could also take up a new hobby or learn a new language. In other words, keep your mind active today and it may stay healthy tomorrow.

**Varied Activities:** Don't stay in a rut. Enjoy all the activities you like and take up new ones. Is there a new issue or concern in your community? Is there an old friend that you haven't called in a while? Have you been to the senior center lately? Your mind thrives on an active and varied lifestyle. These are good experiences for good health.

**Physical Exercise:** As we get older, we can't always take part in all the activities that we could when we were younger. But there are still ways to exercise. Walking, biking, swimming, or dancing comes to mind. Increasing evidence shows that what's good for your body is also good for your mind. So listen to your heart-and your brain- and get all the exercise you can.

**Stress Reduction:** The fear of Alzheimer's disease isn't the only source of stress in our lives. Family situations, work, conflicts, and other conditions may contribute to stress. Think about the things that make you stressed and see if you can make positive changes in your life. Is stress getting the better of you? Talk with your doctor.

**Good Nutrition:** The same foods you already know that are good for your body may also be good for your brain. Fruits, vegetables (especially those high in antioxidants), whole grains and legumes such as peas and beans and foods such as those containing omega three fatty acids (including many fish), as well as some oils and seeds and nuts are all good for your body.

For those caregivers already affected by Alzheimer's disease in their families, support groups are often helpful. On the first and third Wednesday of each month, Jewish Family Services hosts a support group for Alzheimer's families. The group meets at 959 North Main Street in Providence from 6:00 to 7:00 p.m. The support group will allow you to share your experiences with others, learn from those in a similar situation, meet new people, and provide much needed respite from caregiving responsibilities. For information, call 447-9174.

For information on other Alzheimer's support groups, call the state chapter of the Alzheimer's Association at 421-0008.

**Editor's note:** The editor gratefully acknowledges the information in this article provided by the Charlestown Senior Center news bulletin.

## Relieving your stress can improve your quality of life

Everyone experiences stress in the course of day-to-day life. The trick is learning how to effectively deal with stress. Here are some tips offered by AARP in their May bulletin:

- Socialize. See friends, relatives or friends, or go to club meetings. Stay connected. This is paramount.
- Talk, laugh, cry, get angry. Let it out.
- Exercise regularly. Studies show that exercise reduces anxiety, releases tension, and spurs the brain to pump out endorphins (chemicals that create a sense of well-being). Try to exercise 30 to 60 minutes three times each week.
- Eat a healthy, balanced diet.
- Block stress by losing yourself in activities you enjoy deeply such as reading, gardening, playing or listening to music, or visiting friends. Add these activities to your daily or weekly schedule. Be disciplined about this point.
- Get perspective. Remember past hardships and problems that you have overcome.
- Live in the moment through activities you enjoy, and with small escapes like movies or television.
- Practice slow, deep breaths. Shallow, fearful breathing seems to send stress signals to the brain.
- Try yoga or meditation. If you don't enjoy them, don't force yourself. Choose another activity.

## These resources for chronic medical conditions help seniors and caregivers understand these diseases

From time to time, questions regarding resources for various chronic conditions such as diabetes or heart problems are asked. For some people, it is very difficult for them to locate the kind of information or referral they need to cope with various conditions. Here are some resources for a variety of chronic medical conditions

**The Arthritis Foundation:** The Arthritis Foundation, northern and southern New England Chapter, helps to improve the lives of Rhode Islanders with arthritis through leadership, prevention, control, and cure of arthritis and related diseases. The Foundation offers programs and services to help those with arthritis lead active and productive lives. The Foundation is located at 2348 Post Road, Suite 104 in Warwick. The telephone number is 739-3773 and the web site is [www.arthritis.org](http://www.arthritis.org).

**American Diabetes Association:** The mission of the American Diabetes Association is to prevent and cure diabetes and improve the lives of those affected by the disease. Activities include diabetes research, information programs, support groups, and advocacy issues. Their address is 222 Richmond Street in Providence. The telephone number is 351-1674. The web site is [www.diabetes.org](http://www.diabetes.org).

**Diabetes Resource Center:** The Diabetes Resource Center at the St. Joseph's Hospital for Specialty Care addresses the need of high-risk diabetes populations, including the uninsured, under-insured and the homeless. The Center can help with crisis intervention, medical supplies, medication, case management, education, and access to social services. A Spanish speaking diabetes nurse educator is available part-time. The Center is located at 21 Peace Street in Providence and the web site is [www.fatimahospital.com](http://www.fatimahospital.com). Their telephone number is 456-4419.

**Down Syndrome:** The Down Syndrome Society of Rhode Island is devoted to promoting the rights, dignity, and potential of all individuals with Down Syndrome through advocacy, education, and public awareness. The Society is located at 99 Bald Hill Road in Cranston and their web site is [www.dssri.org](http://www.dssri.org). Their telephone number is 463-5751.

**Heart Disease:** The American Heart Association's mission is to build healthier lives, free of cardiac disease or stroke. They are located at 222 Richmond Street in Providence and their telephone number is 330-1702. Their web site is [www.americanheart.org](http://www.americanheart.org).

**Mended Hearts:** Mended Hearts is a support group for patients, spouses, family members, friends, and medical professionals who are faced with the realities of heart disease. For more information on Mended Hearts local chapters, call 728-5300.

**Multiple Sclerosis:** The Rhode Island Chapter of the National Multiple Sclerosis Society provides various programs and services, including educational and social programs, information and referral, support, financial assistance, care management and much more. The Rhode Island Chapter is located at 205 Hallene Road, Suite 209 in Warwick. Their telephone number is 738-8383 and their web site is [www.nationalmssociety.org/ri](http://www.nationalmssociety.org/ri)

**Muscular Dystrophy:** The Muscular Dystrophy Association provides financial assistance for wheelchairs, leg braces, and communications devices. The Association also runs an equipment loan program and transportation to and from its clinic. The Association is located at 931 Jefferson Boulevard in Warwick and their telephone number is 732-1910. Their web site is [www.mda.org](http://www.mda.org).

**Rare Disorders:** The National Organization of Rare Disorders, Inc. works toward the prevention, treatment, and cure of rare diseases. It provides a link to resources, information, and programs, including medications assistance programs. Their telephone number is 1-800-999-6673 and their web site is [www.rarediseases.org](http://www.rarediseases.org).

**Parkinson's Disease:** The Rhode Island Chapter of the American Parkinson Disease Association serves the patients and caregivers of Rhode Island and southeastern New England through the information and referral service at Kent Hospital in Warwick. There are also a number of support groups across the state that provide education, support, and socialization. Their telephone number is 823-5700 and their web site is [www.riapda.org](http://www.riapda.org).

**American Lung Association:** The American Lung Association, Rhode Island Affiliate promotes programs and services that contribute to healthy lungs and battling lung diseases. They are located at 10 Abbot Park Place in Providence and their telephone number is 421-6487. Their web site is [www.lungusa.org/rhodeisland](http://www.lungusa.org/rhodeisland).